

SRC Annual Regatta – 3rd August 2024 – Competitor Safety Plan

Introduction

This is the 142nd Sudbury Annual Regatta. We aim to make it as competitive, enjoyable and safe as all of our previous events and we follow the guidance contained in *Row Safe: A Guide to Good Practice in Rowing*. This safety plan describes the controls in place and how you can contribute to a successful day. It is your responsibility to ensure you comply with any requirements set out in Row Safe.

Location and Parking

The Regatta is held at **FRIARS MEADOW, EDGWORTH ROAD, SUDBURY, SUFFOLK CO10 2TG**. The location will be signposted around town but if in doubt Edgworth Road runs alongside the Waitrose supermarket. Turn down Edgworth Road and at the end of the road follow the signs down a track and over a former railway line – take care as it is a local footpath and cycle track. You will be directed to the parking area: boat trailers should park carefully at the far end of the Meadow, please do not try to take non towing cars into this area.

Launching and Racing

After registering at the Race Control Tent situated at the Regatta Finish, please note that you will be called for your Wave and Division in good time via the public address system. There will also be an indicator board located on the Control Tent which will identify the current Division being called. There will be three “waves” of rowing over the course of the day and divisions will be allocated to one of the three waves. Please only attend the race/boating area once your wave/division has been called by race control.

It is your responsibility to ensure that your equipment complies with expected standards. Before launching, please check your bow-ball, heel restraints, boat buoyancy and cox life-jacket – the Boat Marshal or Umpire will be formally checking before you are allowed on the water and may disqualify you if you do not comply.

Please follow the directions of the Boat Marshal and try to launch as swiftly as possible to help ensure we keep to time. Once launched you should assemble upstream of the Regatta finish, away from competitors, until the last race of the previous Division is completed. When the river is clear you will be directed to proceed to the Regatta Start. At the Start you will be given directions by a Marshal until you are ready to race, at which point you come under the control of the Race Umpires.

Once you have finished your race, please keep clear of boats assembled for the next races and Division. Once directed by the Boat Marshal approach the landing stages and land your boat as quickly as possible.

[The Competitor's Instructions contain details of the circulation pattern you must adopt above the course Finish.](#)

Capsize

In the event of a capsize please make for the Suffolk bank (north / bowside heading upstream) as the Essex side is inaccessible. Follow your usual capsize drill. Bank-based Marshals, Umpires and a rescue boat will support you if required. In the case of injury First Aid will be contacted by radio and will attend to provide assistance.

Injuries and Emergencies

For a minor injury, sunburn or someone feeling unwell, the First Aid tent will be located close to the Control Tent.

In the event of an incident or injury on the water, alert the nearest Race Marshal or Umpire. They will have radio communications and will summon the Safety Boat and First Aid via Race Control, and use the throw lines, as needed. They will direct SRC members to support as appropriate.

In the event of an Emergency – if away from the Race Control tent – the nearest Course Umpire and Marshal should be the first contact. They will make immediate contact with Race Control to arrange support. Race Control will coordinate the response to an emergency and will summon on-site First Aid and Emergency Services, and despatch individuals to direct Emergency workers to the location, as required.

The nearest A&E hospital is West Suffolk Hospital, Hardwick Lane, Bury St Edmunds, IP33 2QZ.

**Should you need to contact 999 direct, please give the Meadow address:
Edgworth Road, Sudbury, Suffolk CO10 2TG
What3words location – craziest.flask.falls**